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## PATENT CLAIMS

- A method for remotely controlling and/or regulating at least one system (1), in particular an industrial system,
  - using a communications device (2) which is assigned to the system (1),

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- a communication being dispatched by the 10 communications device (2),

characterized in that

- the communication comprises information relating to the system (1) and a validation code, and
- from a message which the communications device (2)
  15 receives after the communication has been dispatched,
  - a check code is extracted according to a first extraction rule,
- by means of the validation code and the check code it is checked whether the message originates from a receiver of the communication, and
- only if the checking is successful, instruction information according to the first extraction rule is extracted from the message and implemented by the system (1).
- 30 2. The method as claimed in claim 1, characterized in that
  - the communication and/or the message are dispatched and/or received by means of short message service.

3. The method as claimed in claim 1 or 2, characterized in that the message is received via the

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- 4. The method as claimed in one of the preceding claims, characterized in that
- the validation code has a limited period of 5 validity.
  - 5. The method as claimed in claim 4, characterized in that
- validity information is added, preferably appended
   or prefixed to the validation code.
  - 6. The method as claimed in one of the preceding claims, characterized in that
- the validation code is transmitted in encrypted 15 form.
  - 7. The method as claimed in one of the preceding claims, characterized in that
- dispatcher information is extracted from the 20 message in accordance with a third extraction rule,
  - the dispatcher is identified by means of dispatcher information and stored dispatcher data, and
- the instruction information is implemented by the system (1) only in the case of successful dispatcher identification.
  - 8. The method as claimed in claim 7, characterized in that
- the dispatcher information is transmitted in 30 encrypted form.